

CURRY WITH CAULIFLOWER RICE

1 tbsp. coconut oil
 2 cloves garlic, chopped
 1 shallot, diced
 ½ of one celeriac (celery root),
 peeled, roots removed, and
 cut into 1/2" cubes
 parsnip, peeled and sliced
 1 carrot, peeled sliced
 1 can light coconut milk
 ¾ cup water
 ½ cup brown lentils, picked
 through and rinsed
 1 tbsp. tomato paste
 3 tbsp. red curry paste
 1 tsp. curry powder
 1 tsp. ground cumin
 1/2 tsp. ground ginger
 ½ tsp. chili powder
 1/4 tsp. red pepper flakes
 1 tsp. cane sugar
 1 tbsp. fresh lemon juice
 ½ tsp. sea salt (to taste)
 ½ tbsp. coconut oil
 1 head cauliflower, shredded
 ½ cup cilantro, chopped
 1 lime, juiced

Melt 1 tbsp. coconut oil in a large pot over medium low heat. Add the garlic and cook for 30 seconds, then add the shallot and cook for 3-4 minutes, until softened. Add all other ingredients to the pot. Taste and adjust salt to your liking. Bring to a boil, then reduce heat to a low boil for 35-40 minutes, stirring frequently. The curry is done when the vegetables are tender and the sauce is thick.

Five minutes before the curry is ready, melt the remaining 1/2 tbsp. coconut oil in a fry pan. Add the cauliflower, salt, cilantro,

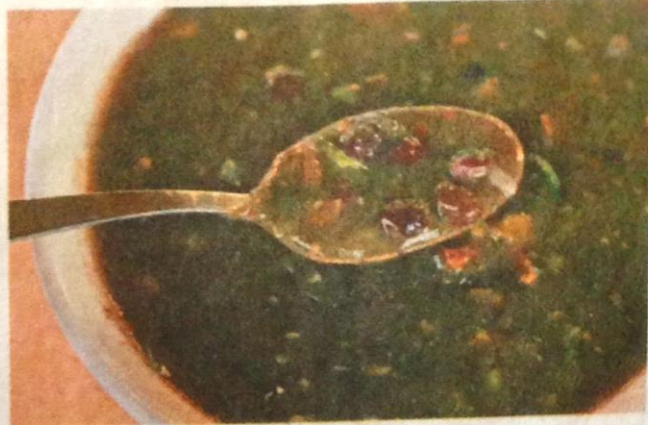
and lime juice. Cook, stirring frequently, for 5-10 minutes, or tender enough for your liking.

Serve the curry over the cauliflower rice, and top with cilantro for garnish.

CROCK POT BLACK BEAN SOUP

3 cups dried black beans, soaked
 1 tbsp. olive oil, coconut oil or butter will also work
 1 medium yellow onion, chopped
 1 red bell pepper, chopped
 4 garlic cloves, minced
 1 tbsp. salt (reduce this amount if you plan to use broth)
 ½ cup chopped cilantro
 8 cups water or chicken broth (homemade), or a combination of both

In a large skillet, over medium-high heat, heat the



olive oil. Add the chopped onion and red pepper. Sauté the vegetables for 4-5 minutes, just until the onions are translucent. Add the minced garlic and stir for 1 minute, until the garlic is fragrant.

Pour the black beans into the crock-pot, followed by the pepper and onion mixture. Add the chopped cilantro, salt, and water/broth.

Stir the soup ingredients together and combine. Cook the soup in the crock-pot for 8 hours on low or 4 hours on high.

Serve warm with fresh cilantro, sour cream, rice, tomatoes, cheese, avocado or salsa. You can also drain a portion of the beans to use for nachos (an easy recipe coming soon), quesadillas, or tacos.

GETTY IMAGES
 Black Bean Soup can be served with fresh cilantro, sour cream, rice, tomatoes, cheese, avocado, salsa.

MAKE PLANS TO JOIN US



February 19 - March 17, 2016
EXHIBITION ON DISPLAY
 C.M. Russell Museum

March 13-20, 2016
PEPSI FREE ADMISSION WEEK
 presented by Pepsi

Friday, March 18, 2016
Art in Action™
 presented by Trevor Rees-Jones
 Meadow Lark Country Club

Friday, March 18, 2016
First Strike AUCTION